

## Aquatics



Welcome to the **Pullman Aquatic Center (PAC)** and **Reaney Pool**! We offer something for everyone. Make this summer one to remember with family fun and fitness. Our indoor Aquatic Center features a 25-yard multipurpose pool and a 92-degree therapy pool with children's play area. In addition, we have a fitness room with free weights, elliptical machines, treadmills, and recumbent bicycles. The outdoor pool at Reaney features 2 pools and a sun deck. The Lap Pool is an 8 lane - 25-yard pool with cooler water, ideal for family fitness. The Recreational Pool has shallow water and a diving well for family fun. Come on in, the water's fine!

### Inclement Weather Policy:

♦ In the event of **thunder or lightning** PAC and Reaney will close for 30 minutes, from the last flash of lightning or the last bang of thunder.

♦ Reaney pool will be **closed** when the weather predicts or has 2 of the following:

- 1 Air temperature below 70 degrees
- 2 Precipitation of any kind
- 3 Wind greater than 10 miles per hour

♦ Decisions regarding **Reaney operating hours** are made at 12:00pm (for 1:00pm opening) and 3:00pm (for 4:00pm opening).

♦ **Refunds will not be issued for drop-in customers.**

♦ For your safety, we actively monitor weather sites.

### Wait List Policy:

Our goal is 100% accommodations of wait lists. Enrollment in PAC classes is offered on a first come, first served basis. When PAC adds classes, all wait listed participants will be called. Our wait lists create a general interest list. New classes are then filled on a first come, first served basis. Participants can register over the phone and pay via credit card. Payment is required at time of enrollment.

\* **PAC (Pullman Aquatic Center) is CLOSED Sat & Sun, Jun 19- Aug 14. (Reaney Pool is open)**

\*\*PAC is closed Sep 6<sup>th</sup> in observance of Labor Day.

\*\*\*Reaney Pool will be closed Jul 24- 25 for maintenance.

## Membership Information

Visits may be made to the pool, fitness room, or in combination. Passes can be purchased for daily, monthly, quarterly, or annual entry. Annual Membership pass holders will enjoy a discount of 20% to other aquatic programs. All programs are offered at the Pullman Aquatic Center. Annual passes permit summer entrance to Reaney Pool. **Children ages 0 – 3 years are admitted free with a paying adult. Children 14 years and younger are not permitted in the fitness room. Family rates apply to all dependents declared for income tax purposes.**

Any business, agency, or group with 10 or more memberships will be entitled to a 20% reduction on annual membership rates.

### 2004 Rates Pullman Aquatic

#### Pool or Fitness Room Admission

Age	Daily	Monthly	Quarterly	Annual
4 – 17	\$2.50	\$20	\$55	\$100
18 – 61	\$3.50	\$30	\$85	\$150
62+	\$2.50	\$20	\$55	\$100
Family	\$9.50	\$80	\$195	\$400

#### Combination Pool & Fitness Room Admission

Age	Daily	Monthly	Quarterly	Annual
15 – 17	\$3.75	\$30	\$90	\$150
18 – 61	\$5.25	\$45	\$135	\$225
62+	\$3.75	\$30	\$90	\$150
Family	\$14.25	\$120	\$360	\$600

#### Locker Rental

Lockers are available for long-term rentals. Participants must supply their own lock. Items are kept at the owner's risk.

**Monthly \$15 --- Quarterly \$35 --- Annual \$100**

### 2004 Rates Reaney Pool

Age	Daily	Season
4 - 17 yrs old	\$2	\$35
18 - 61 yrs old	\$3	\$55
62+	\$2	\$35
Family	\$8	\$115

\* Passes are only for Reaney Pool.

\* No admission to Pullman Aquatic Center and no program discount.

## Aquatics

### *Summer Splash-tacular at Reaney Pool*

**Saturday, June 19th  
1:00pm – 6:00pm  
Grover, the  
inflatable greyhound  
New toys and rafts  
at Reaney Pool**

**Reaney Pool  
June 19—Aug 20  
Open Daily:  
1:00pm—6:00pm  
509-338-3221**

### **Ask about Party Packages!!**

Let us do the work! All inclusive party packages. We provide the cake, ice cream, juice, balloons, paper goods, goodie bags, lifeguards, and pool space. You provide the guests. Prices include private or open swim times.



### **Private Pool Rentals**

Do you have a birthday coming up? Would you like to hold an office party in a fun and unique environment? Rent the pools at Pullman Aquatics or Reaney! Add to the excitement by playing on Grover, the inflatable greyhound. Have either location all to yourself. Food & beverage accommodations are available upon request.

\$65 / hour up to 50 people  
Add \$10 per 10 people / hour  
Add \$10 for the dog / hour

*Want to rent pool space but don't need the whole pool? Does your scout troop, play group or sports team need pool space during operating hours? Our lanes can be rented by the 1/4 hour. Advanced reservations required.*

\$3.50 / hour / lane



### **2004 Summer Swim Lesson Schedule**

#### **Monday & Wednesday**

(2 classes a week for 5 weeks)

Jun 14 - Jul 14

Jul 19 - Aug 18

#### **Tuesday & Thursday**

(2 classes a week for 5 weeks)

Jun 15 - Jul 15

Jul 20 - Aug 19

#### **Monday - Friday**

(5 classes for 1 week)

Jun 14 - Jun 18

Jun 21 - Jun 25

Jun 28 - Jul 2

Jul 5 - Jul 9

Jul 12 - Jul 16

Jul 19 - Jul 23

Jul 26 - Jul 30

Aug 2 - Aug 6

Aug 9 - Aug 13






Aug 16 - Aug 20



## Swimming Instruction & Programs

Swim lessons at the Pullman Aquatic Center (PAC) offer an essential life assurance for your family. Our nationally certified instructors come with over 50 years of combined experience from aquatic facilities throughout the country. We offer small student to teacher ratios, innovative teaching methods, and enthusiasm unmatched in the region. In addition, class lengths are adjusted based on skill and age, and session lengths are longer allowing the teacher / student bond to develop and the students' progress to be uninterrupted.

Our goal is to provide students with the skills necessary for a life long enjoyment of the water. Our lessons are offered to all ages. We truly do have something for everyone. You will be amazed at your child's progress with consistent, year-round lessons.

												
	PC Goldfish	PC Clownfish	PC Starfish	PC Seal	Adult							
EVENING Lessons from June 14 - August 20												
Class Dates	Wk		Time	\$	Tme	\$	Time	\$	Time	\$	Tme	\$
Jun 14 - Jul 12	5	M	6:00	\$18	6:30	\$18					7:00	\$18
Jul 19-Aug 16	5	M	6:00	\$18	6:30	\$18					7:00	\$18
Jun 16 - July 14	5	W					6:00	\$18	6:30	\$18		
Jul 21 -Aug 18	5	W					6:00	\$18	6:30	\$18		
MORNING Lessons from June 14 - August 20												
Jun 18 - Jul 16	5	F	10:00	\$18	10:30	\$18						
Jul 23 - Aug 20	5	F	10:00	\$18	10:30	\$18						

### Swim Screenings

Free swim screenings are available Saturday and Sunday during Recreational Time or weekdays by appointment. Swim screenings will allow your child to be placed appropriately, ensuring a positive lesson experience. Screenings are required for all students not currently enrolled in our program.

#### Parent/Child with Ms. Karen

30 min - 1/week

All Parent/Child Classes may be done as a drop-in students \$5.15 per class

#### Goldfish & Clownfish

Our parent & child program offers early exposure to the wonderful world of water. This class is designed to help the child acclimate to the water while teaching the caregiver(s) basic techniques for early success. Parents learn how to positively promote their child's water experience. Children learn to enjoy the water through songs, games and repetition. (30 minutes). Children not yet potty trained must wear a swim diaper with tight fitting legs and waist. Disposable diapers are not permitted.

PC Goldfish: 6 - 23 months  
PC Clownfish: 2 - 4 yrs old



#### PC Starfish:



**2 - 3 yrs old:** This Turtle level is designed for the young swimmer (2 - 3 year old) who is ready to be without a parent.

#### PC Seal:



**3 - 4 yrs old:** A tadpole level for the cautious child who needs the reassurance of the parent.

# Swim Lessons @ Aquatic Center

			
	PS Tadpole	PS Turtle	PS Frog/ PS Gator

## EVENING Lessons from June 14 - August 20

Class Dates	Wk	Day	Time	\$	Time	\$	Time	\$
Jun 14 - Jul 14	5	MW	5:15	\$35	5:50	\$35	6:25	\$35
Jul 19 - Aug 18	5	MW	5:15	\$35	5:50	\$35	6:25	\$35
Jun 15 - Jul 15	5	TuTh	6:25	\$35	5:50	\$35	5:15	\$35
Jul 28 - Aug 19	5	TuTh	6:25	\$35	5:50	\$35	5:15	\$35

## ONE WEEK MORNING Lessons from June 14 - August 20 Have the Same Times and Price Schedule as Shown Below

All Sessions have the same times schedule.	1	M-F	9:00	\$18	9:05	\$18	10:10	\$18
					9:35	\$18		
					10:25	\$18		

Jun 14 - 18

Jun 21 - 25

Jun 28 - Jul 2

Jul 12 - 16

Jul 19 - 23

Jul 27 - 31

Aug 2 - 8

Aug 9 - 13

Aug 16 - 20

## Adult Lessons

Broaden up your horizons and learn a new skill. Now is the time to learn to swim or perfect your strokes. Students will be divided into groups based on skill level.

**Ages: 15 yrs old and older**  
once / week. (30 minutes)

## Private & Semi-Private Lessons

Does your child seem stuck at one level? Do they like a specific instructor? Would you like to seem them progress through the skills at a faster pace? Private lessons are the answer. Private lesson instructors are endorsed by management as being "the best of the best." In addition, they consistently receive excellent reviews from their group lesson participants and parents. (30 minutes)

Offered at PAC and Reaney Pool

Scheduled by appointment

1 student: \$20

2 students: \$25

## How do I Register my Child?

The questions below will help you place your child in the proper class. (Free swim screenings are required for all students not currently enrolled in our program.) If you answer "NO" to any question, place your child in the preceding level. If you answer "YES" to all questions, they are placed in the appropriate level. Please note: All children aged 3 & 4 yrs old must be placed in the Preschool (PS) section of the appropriate level. 5 yr olds may choose PS or regular levels.

## PS Tadpole – water adjustment



Instructor / Student Ratio: 1:5

Length: PS Tadpole 25 – 35 minutes

To register: My child has little or no water experience

## PS Turtle – body position



Instructor / Student Ratio: 1:5

Length: PS Turtle 25 – 35 minutes

To register: My child can:

- go underwater willingly with no hesitation
- float assisted on their front and back
- follow directions
- jump in, go underwater, and be caught
- demonstrate comfort in the entire pool environment

## PS Frog / PS Gator– mobility & beginning

### endurance with stroke perfection

Instructor / Student Ratio: 1:5

Length: PS Frog / PS Gator 25 – 35 minutes

Due to limited enrollment in both levels these skills will be taught in a combination class.

To register: My child can:

- see criteria below for registration requirements

## PS Frog – mobility & beginning endurance



Instructor / Student Ratio: 1:5

Length: PS Frog 25 – 35 minutes

To register: My child can:

- float and glide unassisted on their front and back for 10 sec
- travel 15 feet using beginning paddling
- demonstrate a streamline kick on their front & back for 15 feet
- jump in and recover to a back float

## PS Gator – stroke perfection



Instructor / Student Ratio: 1:6

Length: PS Gator 25 – 35 minutes

To register: My child can:

- complete the following combined skill: jump into deep water, float unassisted on their back for 15 seconds, travel ½ length of pool (streamline kick with sculling arms), roll over unassisted and swim the remaining length of pool (using a paddle stroke, streamline kick and rhythmic breathing)

# Swim Lessons @ Aquatic Center

## Important Information

- ↗ Swim screenings are required for participants not currently enrolled in our program.
- ↗ Classes will be prorated after the 2nd week of each session. Late enrollment will be accepted up to the middle of the session.
- ↗ Wait lists are established for all filled classes. Our goal is 100% accommodation of waiting lists.
- ↗ Enroll early as the Aquatic Center Management reserves the right to combine and adjust classes with low enrollment.
- ↗ Summer lessons will be M-F for 1 week and MW or TuTh for 5 weeks

### Tadpole – water adjustment



Instructor / Student Ratio: 1:5  
Length: Tadpole 35 – 45 minutes  
To register: My child has little or no water experience

### Turtle – body position



Instructor / Student Ratio: 1:5  
Length: Turtle 35 – 45 minutes  
To register: my child can:

- ↗ go underwater willingly with no hesitation
- ↗ float assisted on their front and back
- ↗ follow directions
- ↗ jump in, go underwater, and be caught
- ↗ demonstrate comfort in the entire pool environment

### Frog – mobility & beginning endurance



Instructor / Student Ratio: 1:5  
Length: Frog 35 – 45 minutes  
To register: My child can:

- ↗ float and glide unassisted on their front and back for 10 sec
- ↗ travel 15 feet using beginning paddling
- ↗ demonstrate a streamline kick on their front and back for 15 ft
- ↗ jump in and recover to a back float

### Gator – stroke perfection



Instructor / Student Ratio: 1:6  
Length: Gator 35 – 45 minutes  
To register: My child can:

- ↗ complete the following combined skill: jump into deep water, float unassisted on their back for 15 seconds, travel ½ length of pool (streamline kick with sculling arms), roll over unassisted and swim the remaining length of pool (using a paddle stroke, streamline kick and rhythmic breathing)

## Swim Screening

Free swim screenings are available Saturday and Sunday during Recreational Swim or weekdays by appointment. Swim screenings will allow your child to be placed appropriately, ensuring a positive lesson experience. Screenings are required for all students not currently enrolled in our program.

### Trout – advanced stroke kicks



Instructor / Student Ratio: 1:6  
Length: Trout 45 - 55 minutes  
To Register: My child can:

- ↗ swim 25 yards of front crawl with complete coordination, using rotary breathing and over arm recovery every time
- ↗ swim 25 yards of back crawl including coordination and over arm recovery every time

### Salmon / Swordfish - advanced stroke refinement & competitive stroke introduction

Due to limited enrollment in both levels these skills will be taught in a combination class.

To register: My child can:

- ↗ see criteria below for registration requirements

### Salmon – advanced stroke refinement



Instructor / Student Ratio: 1:8  
Length: Salmon 45 - 55 minutes  
To Register: My child can:

- ↗ swim consistent and perfect elementary backstroke with coordination for 25 yards
- ↗ demonstrate breast stroke kicks for 15 yards
- ↗ demonstrate side stroke kicks for 15 yards
- ↗ swim front and back crawl for 50 yards each

### Swordfish - competitive stroke intro.



Instructor / Student Ratio: 1:8  
Length: Swordfish 45 - 55 minutes  
To Register: My child can:

- ↗ demonstrate consistent and perfect elementary backstroke, breast stroke and side stroke for 25 yards
- ↗ swim front and back crawl for 100 yards each

### Dolphins – pre-competition










Length: Dolphins 75 - 90 minutes

This is a non- level class emphasizing swim team preparation. Topics and skills to be covered are swim etiquette, how to use a pace clock, fitness awareness in aquatics, flip turns, nutrition, safety techniques and awareness. Endurance swimming of all competitive strokes will be practiced daily. Participants must be a minimum of Trout level. Dry land training will be added as necessary.



# Swim Lessons @ Aquatic Center

																
TadpoleTurtleFrogGatorTroutSalmon/SwordfishDolphin																
EVENING Lessons from June 14 - August 20																
Class Dates	Wks		Time	\$	Tme	\$	Time	\$	Time	\$	Tme	\$	Time	\$	Time	\$
Jun 14 - Jul 14	5	MW	5:15	\$46	5:15	\$46	6:00	\$46	5:15	\$46	6:00	\$58	5:15	\$58	5:15	\$87
Jul 19-Aug 18	5	MW	5:15	\$46	5:15	\$46	6:00	\$46	5:15	\$46	6:00	\$58	5:15	\$58	5:15	\$87
									6:00	\$46						
Jun 15 - July 15	5	TuTh	6:00	\$46	5:15	\$46	5:15	\$46	5:15	\$46	5:15	\$58	6:00	\$58	5:15	\$87
							6:10	\$46	6:00	\$46						
Jul 28 -Aug 19	5	TuTh	6:00	\$46	5:15	\$46	5:15	\$46	5:15	\$46	5:15	\$58	6:00	\$58	5:15	\$87
							6:10	\$46	6:00	\$46						
ONE WEEK MORNING Lessons from June 14 - August 20 Have the Same Times and Price Schedule as Shown Below																
All Sessions have the same times schedule.	1	M-F	9:10	\$23	9:10	\$23	9:15	\$23	9:20	\$23	9:55	\$29	10:05	\$29		
					9:45	\$23	9:40	\$23								
					10:45	\$23	10:30	\$23								
Jun 14 - 18																
Jun 21 - 25																
Jun 28 - Jul 2																
Jul 12 - 16																
Jul 19 - 23																
Jul 20 - 30																
Aug 2 - 6																
Aug 9 - 13																
Aug 16 - 20																
<div>Palouse Area Swimming</div> <p>Palouse Area Swimming has a long-standing tradition of turning young kids into athletes, citizens, and friends. For more information contact Gabe and Megan Brannan at 334-5457 or email at <a href="mailto:coach@titanswimming.com">coach@titanswimming.com</a>. Practices are offered Monday-Friday in both Pullman and Moscow.</p> <div>Pullman Swim Team</div> <p>Pullman Swim Team specializes in introducing young swimmers to competitive swimming. Individualized instruction will be given in the four competitive strokes (butterfly, backstroke, breaststroke, and freestyle). PST is open to young swimmers able to swim unassisted for 25 yards (one length) on their back and on their front. For more information contact head coach John McInturff at (509)334-0564 or by email at <a href="mailto:pullmanswimteam@verizon.net">pullmanswimteam@verizon.net</a></p> <div>WSU Masters</div>																

## Palouse Area Swimming

Palouse Area Swimming has a long-standing tradition of turning young kids into athletes, citizens, and friends. For more information contact Gabe and Megan Brannan at 334-5457 or email at [coach@titanswimming.com](mailto:coach@titanswimming.com). Practices are offered Monday-Friday in both Pullman and Moscow.

## Pullman Swim Team

Pullman Swim Team specializes in introducing young swimmers to competitive swimming. Individualized instruction will be given in the four competitive strokes (butterfly, backstroke, breaststroke, and freestyle). PST is open to young swimmers able to swim unassisted for 25 yards (one length) on their back and on their front. For more information contact head coach John McInturff at (509)334-0564 or by email at [pullmanswimteam@verizon.net](mailto:pullmanswimteam@verizon.net)

## WSU Masters

WSU Masters Swimming is a year-round program of fitness and fun for Palouse area adult swimmers. Participants range in age from 18 to well into their 90's, and range in ability from beginner swimmers, tri-athletes and accomplished retired intercollegiate swimmers. The club focuses on fitness swimming, tri-athlon training and competition. We do not require tryouts, just an ability and desire to swim for fitness. Visit their web site at [www.WSUMastersSwimming.org](http://www.WSUMastersSwimming.org) or contact Head Coach Doug Garcia at 509-332-1621.

## Water Fitness & Water Camps

### Getting Started:

Start your morning off with a refreshing water workout. This class is geared towards all fitness levels and ages. Using the resistance of water, enhanced with equipment, for a total body workout. No music is used in this class.  
M-F \_\_\_\_\_ 8:00am

### Winding Down:

End your day with an invigorating water workout. Various intensity levels will allow all participants to achieve fitness results. Join our fitness instructors in a combination class (shallow and deep water). Class will focus on strengthening the heart and lungs through interval, circuit, and general training.

MWF \_\_\_\_\_ 5:45pm  
TuTh \_\_\_\_\_ 7:30pm

**NEW**

### Reaney Water Fitness Class

A water fitness class designed for all participant levels. Students will use the water and Hydro-Fit equipment to enhance their cardio-vascular level and muscle strength and endurance. Water shoes are recommended.

Instructor: Sarah Wagner  
Location: Reaney Pool  
Limits: 10/40

Jul 5-Jul 23 \_\_\_\_\_ MWF \_\_\_\_ 9:30-10:30am \_\_\_\_\_ \$26  
Jul 26 - Aug 20 \_\_\_\_\_ MWF \_\_\_\_ 9:30-10:30am \_\_\_\_\_ \$34  
\$4.50 drop-in

**NEW**

### American Red Cross Guard Start: Lifeguarding Tomorrow Camp

This program is designed to guide youth to the ARC lifeguarding program by building a foundation of knowledge, attitudes, and skills for future lifeguards. These foundations consists of 5 categories: Prevention (M), Fitness (Tu), Response (W), Leadership (Th), and Professionalism (F). Every week will focus on new lessons. Youth can participate every week with no repetition of the program. Participants may stay at Reaney until closing.

Instructors: PAC and Reaney Staff  
Location: Reaney Pool  
Minimum: 5

**Ages: 10 - 14 yrs old**

Jul 5 - 9 \_\_\_\_\_ M-F \_\_\_\_\_ 2:00-3:30 \_\_\_\_\_ \$40  
Jul 12-16 \_\_\_\_\_ M-F \_\_\_\_\_ 2:00-3:30 \_\_\_\_\_ \$40  
Jul 19-23 \_\_\_\_\_ M-F \_\_\_\_\_ 2:00-3:30 \_\_\_\_\_ \$40  
Jul 26-31 \_\_\_\_\_ M-F \_\_\_\_\_ 2:00-3:30 \_\_\_\_\_ \$40  
Aug 2-6 \_\_\_\_\_ M-F \_\_\_\_\_ 2:00-3:30 \_\_\_\_\_ \$40  
Aug 9-13 \_\_\_\_\_ M-F \_\_\_\_\_ 2:00-3:30 \_\_\_\_\_ \$40  
Aug 16-20 \_\_\_\_\_ M-F \_\_\_\_\_ 2:00-3:30 \_\_\_\_\_ \$40

## Group Water Fitness

Let our fitness instructors lead you through a challenging workout. Each instructor has knowledge in Anatomy, Physiology, Kinesiology and exercise design. We pride ourselves in meeting and exceeding national standards. Each instructor's unique style offers a class for everyone. While swimming is not required, a comfort level in shallow and deep water is necessary. Water shoes are recommended and webbed gloves are encouraged. Come check out this great fitness alternative. All of our classes feature HYDRO-FIT equipment. (60 minutes)

*New participants may attend the first class at no charge. Come try us out – you'll like what we have to offer.* Admission to all water fitness classes is with the class pass system. Passes are good for 6 months from the day of purchase. Daily visits can be purchased at the front desk. **All classes are on going and may be joined at anytime.** Annual Aquatic Memberships receive a 20% discount on all program fees.

Quantity \_\_\_\_\_ Total \_\_\_\_\_ Per Class

Drop-in Fee: _____	\$4.50 _____	\$4.50
5 Class Pass: _____	\$18.00 _____	\$3.60
10 Class Pass _____	\$33.00 _____	\$3.30
15 Class Pass _____	\$45.00 _____	\$3.00
20 Class Pass _____	\$60.00 _____	\$3.00
25 Class Pass _____	\$67.50 _____	\$2.70
30 Class Pass _____	\$82.50 _____	\$2.70
40 Class Pass _____	\$96.00 _____	\$2.40
50 Class Pass _____	\$120.00 _____	\$2.40

## SPLASH CAMP

**NEW**

Participants will experience 5 days of water activities: Safety (M), Boating (Tu), Water Carnival (W), Swim Skills (Th) and Water Park Trip (F). Comfort in the water is required, non-swimmers will be required to wear a lifejacket for all skills. Please pack a healthy snack and water bottle everyday.

Instructors: PAC and Reaney Staff  
Location: Pullman Aquatic Center  
Limits: 5/25

**Ages: 10 - 14 yrs old**

Jul 19-23 \_\_\_\_\_ M-F \_\_\_\_\_ 1:00-3:30 \_\_\_\_\_ \$65

## Fitness Room & Personal Training

Do you really know what kind of shape you're in? Do you know how to exercise properly and achieve your fitness goals? Do you know how to effectively use all the Aquatic Centers' facilities in achieving total body fitness and health? If you answered "no" to one or more of these questions, then perhaps our programs are for you.

*Annual Aquatic Memberships receive a 20% discount on all program fees.*

### Fitness Room Orientation

Learn how to properly use the Tuff Stuff and Precor equipment in the fitness room. This 90-minute appointment will teach you the proper settings and techniques for each piece of equipment.

Introduction appointment: \$40

### Fitness Assessment

Recommended before beginning any new fitness program. Determine your base level fitness with a fitness assessment. This 90-minute session will check your heart rate, cardiovascular conditioning, muscle strength and flexibility. In addition, body composition and a postural assessment will be conducted. Follow-up assessments can be administered regularly to determine your fitness improvements.

Initial Assessment: \$40

Follow-up Assessment (w/in 13 months): \$35

### Exercise Program

Meet with the personal trainer to determine your fitness goals, nutrition and weight profile, and life-style assessment. The above information, combined with a fitness assessment and fitness room orientation (previously described) will guide your personal trainer to develop a unique and special program to meet your individual goals. Programs may include fitness room equipment, water exercise programs, and swimming. The three-hour consultation includes a fitness assessment, fitness room orientation, and goals meeting. Your second appointment (an additional hour) with the trainer is designed to introduce you to your personal program, answer questions, and make sure you are comfortable with the program.

Initial Program: \$120

Follow-up Program (w/in 13 months): \$100

### One-on-One Appointments

If a personal trainer helping you through each workout is ideal for you, then these are the packages for you. Each session will be tailored to your fitness goals and monitored by a trainer. Programs will be designed to accommodate your level of fitness and exercise demands. These appointments will provide you with a broad spectrum of training options, including both land based and water based exercises, designed with your fitness goals, time and budget in mind.

#### 45-minute appointments

1 session	-----	\$40
2 sessions	----- 10% discount	\$72
5 sessions	----- 15% discount	\$170
10 sessions	----- 20% discount	\$320

#### 60-minute appointments

1 session	-----	\$50
2 sessions	----- 10% discount	\$90
5 sessions	----- 15% discount	\$212
10 sessions	----- 20% discount	\$400

#### 75-minute appointments

1 session	-----	\$60
2 sessions	----- 10% discount	\$108
5 sessions	----- 15% discount	\$255
10 sessions	----- 20% discount	\$480

#### 90-minute appointments

1 session	-----	\$70
2 sessions	----- 10% discount	\$126
5 sessions	----- 15% discount	\$297
10 sessions	----- 20% discount	\$560

## Summer Fitness Room Hours

June 14 - Aug 20

MWF

6:00am - 1:00pm

5:15pm - 8:30pm

TuTh

6:00am - 12:00pm

5:15pm - 8:30pm



## Hours @ Pullman Aquatics - Jun 14 - Aug 20

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MULTI-PURPOSE POOL</b>						
LAP 6:00 - 8:00						
LAP / AEROBICS 8:00 - 9:00						
LAP / LESSONS 9:00 - 11:00						
LAP / OPEN 11:00 - 1:00	LAP / OPEN 11:00 - 12:00	LAP / OPEN 11:00 - 1:00	LAP / OPEN 11:00 - 12:00	LAP / OPEN 11:00 - 12:00	LAP / OPEN 11:00 - 1:00	
<b>AVAILABLE FOR PRIVATE RENTAL</b>						
LAP / LESSONS / AEROBICS 5:15 - 6:45	LAP / LESSONS / TEAM 5:15 - 7:30 (2 LANES TEAM 6:00-7:30)	LAP / LESSONS / AEROBICS 5:15 - 6:45	LAP / LESSONS / TEAM 5:15 - 7:30 (2 LANES TEAM 6:00-7:30)	LAP / LESSONS / AEROBICS 5:15 - 6:45 (2 LANES TEAM 6:00-7:30)	LAP / LESSONS / AEROBICS 5:15 - 6:45 (2 LANES TEAM 6:00-7:30)	
LAP / LESSONS / OPEN 6:45 - 8:30	LAP / AEROBICS 7:30 - 8:3	LAP / OPEN 6:45 - 8:30	LAP / OPEN 6:45 - 8:30	LAP / AEROBICS 7:30 - 8:30	LAP / OPEN 6:45 - 8:30	
<b>AVAILABLE FOR PRIVATE RENTAL</b>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>THERAPY POOL</b>						
OPEN 6:00 - 9:00 SUMMIT 6:30 - 7:30 (Shared)						
LESSON 9:00 - 11:00						
SUMMIT 11:00 - 1:00	SUMMIT 11:00 - 12:00	SUMMIT 11:00 - 1:00	SUMMIT 11:00 - 12:00	SUMMIT 11:00 - 12:00	SUMMIT 11:00 - 1:00	
<b>AVAILABLE FOR PRIVATE RENTAL</b>						
LESSONS 5:15 - 7:00					OPEN 5:15 - 8:30	
OPEN 7:00 - 8:30						
<b>AVAILABLE FOR PRIVATE RENTAL</b>						

# Aquatics

## Aqua Power Hour: Energizing Aquatic Workout

Summit Therapy in Partnership with Pullman Aquatics

- *Healing aquatic movements*
- *Sport specific cross training*
- *Speedy recovery*
- *Strengthens support muscles, tendons and joints*
- *Enhance endurance*
- *Proactive injury prevention*
- *All exercises can be adapted for specific needs.*

Aqua aerobics is a valuable link in strengthening, toning and revitalizing the body and mind.

We utilize everyday movements to promote strength and stimulate healing.

Exercises focus on tendon and joint movement to strengthen and tone major muscle groups while invigorating supporting muscle groups for a full body workout.

- *Muscular pulls and strains*
- *Fibromyalgia*
- *Arthritis*
- *Prenatal / post partum*
- *Sport injury*
- *Joint replacement*
- *Weight loss*
- *Increase metabolism*

### Workout Schedules:

#### MWF

6:30 – 7:30am, 11:00am– 12:00pm, 12:00–1:00pm

#### TuTh

11:00am – 12:00pm

Several payment options ranging from less than \$3 per class  
(punch card option – 18 classes for \$50)

Contact Summit Therapy  
for details: 332-5106

All classes held in the  
Therapy Pool at Pullman Aquatics.

The Instructor, Bryan Baldwin, is a six time All American competitive swimmer, a member of the Aquatic Exercise Association (A.E.A.), Red Cross Lifeguard and CPR Certified. Bryan's aqua aerobics experience began more than 10 years ago at the prestigious Spanish Bay Club in Pebble Beach California.

## How to Register On-Line



New On-line Registration at  
[www.pullman-wa.gov](http://www.pullman-wa.gov)



**Walk-In :** 240 SE Dexter or  
500 NW Larry (Aquatic Center)



**Phone-In:** 338-3227



**Fax:** Fill out the registration form  
at the back of the booklet and fax it  
to us at 338-3313.



**Mail-In:** Detach the mail-in  
registration at the back of the  
booklet and send with your check  
or credit card information to 240  
SE Dexter.

## Concerts in the Park



**July 7 ... Pullman Concert Band  
(Marches/German)**

**July 14 ..... Jim Tilden Brown  
(Boogie Blues)**

**July 21 ..... BakraBata  
(Steel Drum)**

**July 28 ..... Jazz Night  
(Jazz)**

**August 4 ..... Citizen  
(Classic Rock & Roll)**

**August 11 ... Snake River Six  
(Dixie Land Jazz)**